

Study on frequency of hypertension and obesity and their relationship with lifestyle factors (nutritional habits, physical activity and cigarette consumption) in physicians of the city of ardebil-iran in 2010.

Abstract:

Background: The life style literally means the method that one use in his or her special activity in his or her life. Because the internal infestations about life style is low, and don't included the physicians group, the foremost assessment of these main group is the main goal of this investigation for hygienic and training planning.

Methods: The data of study was gathered among verbally referring to physicians office and completing the questionnaires of the investigation that was concluded the questionnaires about demographic information, the questionnaires about using cigarette consumption and the record of blood pressure, the international questionnaires about physical activities and the questionnaires about food frequency and measuring the weight and height and blood pressure of examiners.

The blood pressure of the examiners was measured in two fifteen minutes intervals in rest condition. After classification, the data was analyzes by using spss soft ware.

Results: In recent study, 225 member of physicians were studied who 117 member of them were male. Among under studied physicians, 152 member were general physician and the rest were specialist. The average of age and weight of these physicians were 37.5 and 77.2kg and with 7.4 and 11.2kg standard deviation, respectively. 146 member of them had over weight and obesity. 48 member of them were affected to cigarette the amount of hypertension in male specialists were 25.6 percent and in female specialists were 14.8 percent. This difference was meaningful. There was meaningful relation between using fill carbohydrate diet and full fat diet and full protein diet, with P value about 0.001-0.001-0.004 respectively. There was reversed meaningful relation between the amount of high physical and affecting to blood pressure. There was a reversed meaningful relation between high, light and intermediate physical activities and the body mass index. (P= 0/001)

Conclusion: The result of this investigation shows that the life style Q the Ardebilian physicians, both general and specialist, as a main memberes who have influence in the society's health, haven's desired state. And a lot of studies must be conflicted in this field.

Key words: Lifestyle, Hypertension, Body mass index, Overweight, Obesity